

AFRO-AMERICAN CULLINGS

The Hampton Institute press service offers some interesting information concerning Titus town, a prosperous Negro community, which lies on the southern side of Hampton Roads, midway between Ocean View and Norfolk.

At Titus town it is possible for a colored man to build an attractive and comfortable detached house, on a lot 35 by 110 feet, for \$600. For \$1,500 he can build and own a house of seven rooms. He is favored also in having a vacant lot left between his house and that of his neighbor. Every family has its full quota of air space. The children are not compelled to play in the streets and roadways.

Titus town streets are straight, well graded, and bordered with trees, shrubs, and plants. To the people the rural free delivery brings the news of the outside world. It is said, on good authority, too, that every Negro in Titus town gets and reads a daily paper. Some Negroes buy and read two daily papers. "To millions of black folks, even now," says the institute's report, "this would seem ultra modern. To some it may seem strange and even dangerous that Negroes should be so up and coming, but the truth is that in proportion as Negroes get knowledge based on experience and have their wants increased, they settle down to habits of thrift and industry. This is what has happened to the Negroes of Titus town. They have enjoyed rare opportunities. They have had plenty of work to do—work on the rich trucking lands, in the United States navy yard at Portsmouth, on the great coal piers at Sewell's and Lamber's point, and on the estates of wealthy Norfolk business and professional men. They have also received good wages.

"The church at Titus town—the Mt. Pleasant Baptist church—is a fine structure. It was recently built at a cost of \$12,000 and has a membership of 1,500 persons. For long, long distances colored people come to attend this church and discuss problems of lively civic interest.

"In Titus town the church is strong and very attractive, but the school is also strong and fully as substantial, if less outwardly attractive. The county school board spent \$8,000 on the Titus town school, which is a brick, four-room building so constructed that another story may easily be added. Some 250 children are enrolled and the average attendance is very satisfactory. The children in Titus town school have good teachers and a term of seven months. They are clean, happy and alert. They are physically well set up, and show the good results of careful home training. The Titus town mothers find it possible to remain at home and care for their children instead of seeking out a meager living over the washbasin. The school equipment is good and is being steadily improved. The county manual training teacher has been able to make, with the assistance of the boys, some useful articles of school furniture. The school playground of three-quarters of an acre is kept clear of weeds and trash. A plot of two acres has been reserved for a public park. It is important that in any scheme for community building some provision should be made for recreational activities. One of the crying needs of Negro country life is healthful recreation."

A caterpillar's eyes can see nothing at a distance beyond two-fifths of an inch.

The students at Tuskegee are quoting with enthusiasm the following statement from a recent census bulletin:

"Farming in the South is passing into the hands of the black man. In the last ten-year census period the number of acres occupied by whites actually decreased; the negro acreage increased.

"The proportion of whites engaged in farming decreased; the proportion of Negroes increased. Ownership of farms by whites increased 12 per cent; by Negroes, 17 per cent. Among the whites the increase in farm tenants—men who do not own the land they work—was 27 per cent; among the Negroes it was 21 per cent.

"The total number of white farmers working not their own but another man's land increased 188,000; the total number of Negro farmers working another man's land increased 118,000."

With wireless stations powerful enough to reach vessels in all Chinese water, the government of that nation will establish a typhoon warning service.

The ways of the law are sometimes like those of a heathen Chinese. A New York policeman, on whom three bulldogs were "ficked," had the "ficker" arrested for violating the sanitary code. It provides that canines must be muzzled.

The sound of the military rifle bullet, traveling at 1,500 feet a second, is like that of a long blacksnake whip, violently cracked. However, the bullet beats the sound, and if a man struck by one hears a cracking it is from some other missile.

Reclaim Cuban Marshes. The work of building a great canal is going along in Matanzas, Cuba, without attracting a great deal of attention from the world at large, but it is a very important work from the standpoint of the Cuban. It is known as the Great Roque canal, and with a length of about 50 miles, and it will be the means of reclaiming a great deal of land which will be especially valuable for sugar culture. Abandoned farms and plantations will be made to reproduce. The swampy and

The fifty-third anniversary of the issuance of the emancipation proclamation by Abraham Lincoln was celebrated by the National Emancipation Commemorative society at Mount Carmel Baptist church, Washington. Lincoln issued the emancipation proclamation September 22, 1862.

Louis F. Post, assistant secretary of labor, was the principal speaker at the celebration, and congratulated the colored people of the country upon the progress made by them since their emancipation. He commended the society for having adopted September 22 as the day for the general observance and celebration throughout the country of the issuance of the proclamation by Lincoln.

"England and France," said he, "were on the eve of recognizing the southern confederacy as they were in need of cotton, and would have done so had not President Lincoln issued this preliminary proclamation. Just when he did, threatening to forever abolish slavery in the cotton producing states should those states refuse to lay down their arms and come back into the Union. Not only should this day be celebrated by the colored people, but the people of all races throughout the country ought to unite in celebrating the anniversary of an event that was the first step calculated to making the Declaration of Independence a living verity."

Prof. Jesse Lawson in opening the celebration commended the colored people for their loyalty to country and flag, and urged the establishment of a chair in patriotism in American universities and institutions of learning in every section of the country.

H. Martin Williams, reading clerk of the house, said that the abolition of Negro slavery in the United States gave freedom, in part, to all of the people in the country. Rev. W. A. Taylor of the Florida Avenue Baptist church, and N. W. Magowan, chairman of the ways and means committee of the commemorative society, also delivered addresses.

The society adopted resolutions recommending to the colored people of the country that they set apart September 22 of each year for a celebration of the issuance of the emancipation proclamation. The resolutions declared that no class of citizens in America will long suffer injustices because of the spirit of fair play of the American people and called attention to the recent decision of the Supreme court of the United States holding unconstitutional the "grandfather clause" of the constitutions of some of the states by which colored voters were discriminated against.

The resolutions provided for the appointment of a committee of 100 by the president of the society to make all necessary arrangements for the congress of colored Americans to be held in Washington next year, and recommended to the colored people of the country that they take steps to participate in the national exposition of colored Americans to be held in Washington in 1920.

The weather affects man in more ways, it appears, than many suspect. For example, it is believed that pressure variation due to fluctuating winds has peculiar pathological effects, that certain electrical conditions of the air induced by low atmospheric pressure have a pathological effect on nervous subjects and that solar radiation has peculiar effects which vary according to the season.

A New Yorker left in his will a provision that leaves of bread stamped with his name should be given to the poor and that the will should be published in five papers. Heirs have tried to break the last provision on grounds of eccentricity, but the court has said it must be done.

Two thousand persons appeared in silk at Paterson, N. J., recently at a parade to boom Paterson looms, hosiery, gowns, suits and in some cases, among the men, even hats were of that material. Thus is progress made toward fixing the high cost of living.

The tuna, which until within a few years was known only as one of the greatest of game fish, is now the basis of an extensive canning industry. It is predicted that 1,000,000 cans of it will be garnered this year on the Pacific coast.

The Philippine Islands produce approximately 10,000,000 gallons of alcohol yearly. About all of this is made from the sap of the nipa palm that grows in great abundance in various swamps of the country.

A long and high English railroad bridge is equipped with automatic wind gauges, which set danger signals against trains should the wind blow at a dangerous velocity.

A Bath (Me.) man recently received notice from the United States patent office that a patent for which he filed an application seven years ago had been granted.

By reconstructing some parts an English railroad is using for light work a locomotive built in 1847.

marshy section will become productive in the highest degree. The lands are not only rich in natural soil ingredients, but the fertility is greatly increased by the sediment which for many years has been accumulating, and labor and capital will find a generous response to their efforts.

What's in a Name? Guy is a French name, and it signifies Leader; but this will not bring much comfort to the young man whose parents named him Percy.

VARIETY OF RECIPES

ALL WORTH REMEMBERING BY CONSCIENTIOUS COOK.

Vegetable Soup as It Should Be Made for the Best Results—Potato That Will Be Attractive to the Invalid.

Vegetable Soup.—Take one large potato or two small ones, one carrot and one turnip of medium size, and one small onion; wash, pare and slice them, and let them boil for one hour in one quart of water, adding parsley or any herb preferred for flavoring, and more water as it boils away, so that there will be a quart when done. Thicken with a spoonful of flour or cornstarch, dissolved in a little cold water; or a spoonful of rice or any coarse cereal may be added when the vegetables are half cooked. Strain off the liquid, season to taste, and add a few spoonfuls of sweet cream. If a dish a little more substantial is desired, the vegetables may be rubbed through the strainer also and mixed with the liquid.

Bread Panada.—Toast slowly several slices of stale light bread, until they are a golden brown all through. Pile them in a bowl, sprinkling each one with a little sugar and a pinch of salt; then cover with boiling water, close tightly, set the bowl in a pan of boiling water and let simmer gently until the bread is like jelly. Serve warm, with sugar and cream and a grating of nutmeg.

Potato for an Invalid.—Where potato is allowed, select such as will boil dry and mealy. Peel them and boil until well done, then mash very thoroughly with a wire masher until perfectly free from lumps. Add rather more salt than usual and several spoonfuls of thick, sweet cream; then beat until perfectly smooth and light, and serve at once. Potato served in this way is delicious and much more easily digested by a weak stomach than when eaten with butter.

Fruit Toast.—Fruit toasts are delicious and appetizing and may be made either with fresh or canned fruit. Dip the slices of toast in the hot juice, removing them quickly to a hot dish, then thicken the juice slightly with cornstarch, adding the pulp, rubbed through a sieve or finely chopped, and pour all over the toast.

Fruit Whip.—A nourishing way of serving fruit, either fresh or canned, is to press it through a sieve or wire strainer and then stir it into whipped cream, regulating the amount of fruit as desired and sweetening to taste.

Egg Souffle Toast.—Place a slice of toast on a white enameled plate, spread with fresh butter or very thick sweet cream, heap on top the stiffly whipped white of an egg, hollowing out the top to form a nest. In this place the yolk. Set in the oven to cook the egg lightly.

Oyster Pate. The resolutions provided for the appointment of a committee of 100 by the president of the society to make all necessary arrangements for the congress of colored Americans to be held in Washington next year, and recommended to the colored people of the country that they take steps to participate in the national exposition of colored Americans to be held in Washington in 1920.

The most surprising of cakes can be produced without eggs or butter. To a teaspoonful of bicarbonate of soda dissolved in a teaspoonful of warm water add a cupful of sour milk, three-quarters of a cupful of brown sugar and a half a cupful of treacle. See that the sugar is well dissolved, and then add two cupfuls of brown flour, a good pinch of ginger and a teaspoonful of cinnamon. Beat to smoothness, and pour in white stirring a quarter of a pound of poured rainwater—less can be used. Bake in a slow oven for a good hour. This cake is economical, and will keep a long time, but it is better not to cut it for a day or two.

Manhattan Pudding. Mix together the juice of three oranges, a lemon and a half cupful of sugar; let stand several hours. Whip a cupful of heavy cream, add a half cupful of powdered sugar and a cupful of chopped nuts or candied fruit. Rub a mold sparingly with olive oil, pour in the fruit juices, spread with the whipped cream mixture and cover with paraffin paper, put on the lid and bury in ice and salt for three hours. Serve garnished with sections of orange which have stood over night in a thick sirup of sugar and water.

Banana Cantaloupe. Soak two tablespoonfuls of granulated gelatin in quarter cupful of cold water. Dissolve in one cupful of scalded cream, add one cupful of sugar, whites of three eggs beaten until stiff, six mashed bananas and one-quarter cupful of lemon juice. Chill; as it begins to thicken, fold in two cupfuls of whipped cream. Line a lemon mold with lady fingers, add cream mixture, chill and serve. Garnish with cream beaten and flavored, cherries and angelica.

Scrambled Eggs With Asparagus Tops. Melt three ounces of butter in a saucepan, break into it six fresh eggs; season with a pinch of salt, half a pinch of pepper and a third of a pinch of grated nutmeg. Mix thoroughly without stopping for three minutes, using a spatula and having the pan on a very hot stove. Add a quarter of a bunch of freshly boiled asparagus tops.

Apple Float. When making apple float, try baking the apples instead of stewing them. The pulp is removed from the skins and mixed with the whites of the egg, which makes the float much lighter than the old way.

For Daily Use by the Housewife



To be neat and to be simple is the province of the dress which is made to be worn about the house for the daily use of the housewife. The house dress has its own devotees among designers, and their thought is spent upon making it attractive and substantial and entirely suited to the needs of the woman who busies herself with the affairs of her housekeeping.

To be successful with the house gown is to understand first how to select the material for making it. This must be a durable wash fabric in a neat pattern and stable coloring. The crispness and freshness of the newly laundered gown is its best attraction, and this is to be kept in mind when material is bought for it. Gingham, percales, chambrays and similar fabrics are the standards of excellence which all others must measure up to. Coarse heavy linens are to be reckoned with, also.

As to color, the most pleasing models are made of combinations of white with the several soft shades of blue, green, lavender and light brown. These are often combined with a plain fabric in a solid color, as in the dress shown in the picture.

The house dress is to be cut in one piece and loosely adjusted to the figure. The sleeves are not to be longer than three-quarter length and the skirt should hardly reach the instep. The pattern should provide for easy ironing and the dress should fasten at the front or side-front, with buttons and buttonholes. There are many different designs to choose from, and they do not vary greatly from year to year, for the house dress is not required to follow the fads of fashion.

It is a good plan to shrink materials, and test them to see if colors are stable, before making up. And the house dress must be complete in itself—pot requiring an extra collar or belt but easily and quickly slipped on and fastened.

Collar and Cuff Sets of Organdie



Just at the moment the Quaker collar and cuff sets of plain, fine organdie are the most popular of all the displays at the neckwear counter. For decoration they confine themselves to fine sprays of embroidery in floral patterns, or hemstitching, or edgings and insertions of very narrow lingerie laces.

But there are numbers of novelties, less plain, about to make their entry for the Christmas shopper's benefit. Among them is the pretty set of plaid and embroidered organdie shown in the picture above. This is designed to be worn with the simple one-piece afternoon frock of silk or the plain blouse of a dark color.

The collar is made in three parts. A section at the back of the plaited

organdie is finished with hemstitching and adorned with very small sprays of embroidery. The shaped revers at the front are plain, finished about the edges with hemstitching, and carry sprays of fine embroidery that almost cover them.

The cuffs are plaited and the ends are rounded, showing the same pattern in embroidery that appears on the collar. At the center of each cuff is a narrow panel of embroidery. Nothing does the beholder or the wearer more good than these fresh and dainty sets. They are modest in price, even when bought ready-made, and cost next to nothing when made by the capable needlewoman for herself. They wear well and launder perfectly. JULIA BOTTOMLEY.

Tint Old Silk Blouse. When a white silk or crepe de chine blouse becomes yellow after much washing it can be tinted so that it will look like new. Buy a bottle of red or green ink, or any color that is desired, and pour it into the rinse water and dip the waist into it. A portion of a bottle of red ink will keep the color in a fresh tinted garment or will give a yellowed waist a delicate pink color. Every time the waist is washed it should receive the same treatment. It is such an easy thing to do and quite

BEST WAYS TO COOK BACON

Meat Is Too Frequently Wasted Because Insufficient Thought Is Bestowed Upon It.

Bacon is an extravagant article in the list of cooking materials because of its increased price and the fact that often twice as much as is needed is used for garnishing other foods.

This delectable meal will probably never be low-priced again, yet it will always be a great addition to the menu, so that to know the best ways of using it without waste is a necessity if one is to cook well.

The drippings from bacon are the best sort of shortening for cookies and everyday pastry; therefore, every bit of the fat that renders out in cooking should be strained and saved for such uses. This reduces the first cost of the meat very much, for the shortening bill has soared with the price of pork.

All left-over bacon makes excellent seasoning for meat loaves and may be nicely browned for garnishing by being dipped into egg batter and then into fine crumbs and placed in a hot oven, on a bacon rack, until golden brown.

If you have never broiled bacon on a rack you have a culinary treat in store, for even inferior bacon becomes fine tasting when broiled so and best bacon delicious. Any wire broiler or oven rack may be used; the slices are spread out, just touching, not covering one another, on it and placed over a dripping pan in a hot oven.

Sometimes bacon is as salty as spit can make it; an requires soaking in hot water after it is cut; after such treatment the salt is not too apparent.

The best of sausage can be made at home with the following ingredients: One pound of veal, one pound of fresh pork, one cupful of bacon chopped and one cupful of cracker crumbs. Grind the veal and pork fine, add crumbs and bacon, seasoning of pepper and sage with little salt, as the bacon supplies this. Grind the mixture again and shape into cakes and fry. Cold meat of any sort may be used in place of the veal.

GOOD LUNCHEON FOR CHILD

Delicacies the Youngster Will Appreciate and That Will Keep Him in Best of Health.

Fairy Apples.—Pare and core enough tart cooking apples to fill a baking dish; cover them with sugar, and put a little cold water in the dish, also several slices of lemon and two cloves. Then pour a little melted butter over the apples and bake them until tender. Serve them cold, with a blob of fruit jelly put on the top of each and whipped cream about them.

Ambrosia.—This delicious dessert could be an occasional treat, as it is rather troublesome to make. It requires grated coconut, sliced oranges and bananas, sugar and a wee taste of lemon juice. Fill a dish with layers of the different fruits, putting sugar over each one, and continue in this way until the ingredients are all in. Let the dish "blend" while in a cool place before serving. Fresh coconut is needed, and if the milk of the fruit is sweet this may be added to the dessert.

Brown Sugar Sandwiches.—For the children incessantly craving sweets brown sugar is an excellent thing to keep in the house. Spread it thickly on buttered white bread and put the slices together so as to make narrow sandwiches.

Quick Ginger-Cake Pudding.—Get any sort of small or large ginger or molasses cakes from the grocer and cover them with a custard made of boiling hot milk into which several eggs are beaten up. Pour the milk gradually into the eggs, stirring vigorously all the while; sweeten and pour over the cakes, allowing them to stand until they have "drunk" up a good deal of the custard. Serve warm or cold.

Apple Pudding.

Pare and core one-half dozen not very tart apples. Butter a granite saucepan and set in apples with very little water. Add one cupful of sugar; two tablespoonfuls of brandy and a dash of nutmeg. Put over a slow fire and cover and let simmer without cooking hard till apples are tender. Take up when done, being careful not to break them, and set away to cool, pouring over them the sirup in which they were cooked. When quite cold and ready to serve put in a glass dish, sprinkle them over with fine macaroon crumbs and send to table.

Pressed Flank of Beef.

Wipe, remove superfluous fat and roll a flank of beef; put in a kettle, cover with boiling water and add one teaspoonful salt, one-half teaspoonful peppercorns, a bit of bay leaf and a bone or two which may be at hand; cook slowly until meat is in shreds. There should be but little liquor in the kettle when meat is done. Arrange meat in deep pan, pour over liquor, cover and press with a heavy weight. Serve cold, thinly sliced.

Chicken Galloche.

Cut into dice two medium-sized raw potatoes. Put into frying pan two tablespoonfuls olive oil, and when hot add the potato dice. Stir to keep from burning, and cook five minutes. Then add a dash of paprika, a cupful of boiling water, a crushed clove of garlic, a cupful of cold cooked chicken, and salt to taste. Cover and cook until the potatoes are done, stirring frequently.

Bread Soup.

Here is a bread soup: Have about one quart of boiling water in a kettle and drop in dry, hard pieces of bread and cook until soft, but do not let burn. Then thin with a quart of milk and season with salt, pepper and butter.

Peach Ice.

Boil one pound of sugar in one pint of water five minutes. When cool add two pounds of peaches, peeled, halved and rubbed through a sieve and freeze. If desired, just before freezing add one wine glassful of maraschino or one pint of cream.

HOME TOWN HELPS

FLOWERS FOR THE ROCKERIES

Makes an Attractive Substitute for the Flower Garden—White Blossoms Very Effective.

If one has not space enough for a flower garden, or does not wish the care of a garden, a little rockery will be an attractive substitute and one that involves little labor in maintenance.

A rockery of white blossoms is especially effective. Here is a combination that is easily grown: Sweet alyssum, which blossoms profusely and can be cut all summer; candytuft, gypsophila and white portulaca. Do not sow portulaca until the weather is warm and settled; but once under way it is a sturdy plant and needs little care. All these flowers are hardy annuals, may be sown from seed in the spring and will flower during the summer.

If the rockery is to be permanent it would be better to plant some perennials. Kenilworth ivy, a small trailing plant that bears small lavender or purple flowers, and the helianthemum or rock rose, which comes in various colors, are good selections. For a yellow and white effect use, say, the yellow dwarf nasturtiums and the yellow portulaca. The nasturtiums spread rapidly and flower profusely during the greater part of the season.

Dwarf morning glory is a pretty vine for rockeries, and the pink and white flowers are especially effective when grown with a mass of lavender flowers, rose-colored portulaca, rock rose, Kenilworth ivy, gypsophila and sweet alyssum.

VALUE OF SCHOOL GARDENS

Encourages the Child to Get into Close Communion With Mother Nature.

The value of school gardens in placing the child in close communion with Mother Nature cannot be overestimated. In these times of warfare we recall the words of one writer who asked:

"What conqueror in any part of life's battle could desire a more beautiful, more noble or a more patriotic monument than the tree planted by the hands of pure and joyous children?"

Ex-Gov. Curtis Guild of Massachusetts said: "Let the children in the public schools be taught that every egg they take from the nests of the birds means the loss of a little friend of Massachusetts; means one less winged crusader against the gypsy moth, the brown-tail moth and the crawling pests that destroy the food of the people and the beauty of the land. Save the trees! Save the birds that we may save the trees!" In the school gardens the children have some very practical and often painful lessons regarding damage to plant life through destructive insects.

Take Care of the Parks.

Years and years ago the necessity for presenting any extended argument in favor of the ownership of extensive parks by municipalities was obviated. It has come to be generally understood and appreciated that these outdoor breathing places afford not only pleasure, but profit, and that instead of being a liability they are a very valuable asset in the community which has them. To be sure, those who have automobiles or horses and who can go out into the country as far and as often as they like are not particularly anxious for these nearby grass plots, and yet when they have visitors they are sure to take them there, and they point with pride to these evidences of municipal enterprise. They ought cheerfully to pay their share to provide these parks for those whose lack of means prevents them from getting out into the country at their will, and having an hour or an afternoon in the sun or the shade, in the fresh, pure air. There is no other tax in town which ought to be more cheerfully paid than that which goes for parks.—Ulrica Press.

Save the Trees.

The National Highway Protective association reports that two states have adopted its legislation to mitigate the evil of defacing trees, fences and buildings along public highways with advertisements. The states that have shown this wisdom are Rhode Island and New York. The measure is not drastic. It merely requires that no advertisements can be placed on trees, fences or buildings flanking highways without the written consent of the owner. A moderate penalty is imposed for violation. It is not to be hoped that this will wholly prevent the evil, but it will exercise a wholesome check on its prevalence. Other states might well follow the example, and even more drastic legislation would be in order.

Helping a Lady.

"Jack, I wish you'd come to see me occasionally."

"Why, Vanessa, I thought you were engaged to Algernon Wombat?"

"No; but I think I could be if I could get up a little bribe competition."—Louisville Courier-Journal.

Futile Aspiration.

"When I was a boy I thought I'd rather be a great baseball player than anything else in the world."

"Of course, you have changed your mind."

"Not exactly. I have merely realized that there is no hope."

Feelings to Be Considered.

"Do you know the Ten Commandments?"

"Oh, yes," replied Miss Cayenne; "but I shouldn't venture to recite them in a general gathering of our friends. It mightn't be considered tactful."